

# Creative Discovery

THE MOVEMENT SENTENCES

*Improve Physical Literacy with  
Creative Movement Expressions!*

A black silhouette of a person in a dynamic, athletic pose, possibly a dancer or performer, holding a long pole or stick horizontally. The person is leaning forward with one arm extended upwards and the other holding the pole. The background is a dark grey oval shape with a white dotted pattern, set against a light grey background with a larger white dotted pattern.



## Total Physical Response (TPR)

is a technique that has been used in the classroom for years to successfully improve language acquisition. Whether in a classroom or any other venue for physical activity, it's a fun and effective way to link movement and learning!

By having kids interpret words and punctuation marks with their bodies, the Movement Sentences allow kids to get the best of both worlds, developing language skills and physical literacy with creative exploration!

The Movement Sentence circuits consist of 4 skill levels, as well as advanced circuits, and mixed circuits. All the levels build on the previous level and allow kids the opportunity to start with simple movement expressions based on one direct action word at a time in level 1 until they are ready to string together direct and abstract words as well as punctuation marks and emojis in the most advanced levels.

While we don't want to ever judge a movement as right or wrong, or over-correct a child, it is a good idea to frontload vocabulary to make sure they know what words mean before you begin.

You can then coach during the activity with suggestions if a child seems lost. For instance, if the word is *soar* you can talk about animals that soar high in the sky like eagles. For *slither*, you might mention snakes.

Some words like *zip*, *scamper*, *brave*, or *perplexed* may be a bit too hard of a concept to grasp, so rather than just give an example like a dog scampering along, ask them to do whatever that word sounds like. This will give you great insight into how they can interpret word sounds and see how close they come to the actual meaning. It is also a very creative way for kids to move with total freedom, as there really can't be a right or wrong way to interpret the word. Eventually, the goal is to help define the words so kids learn the vocabulary and get more and more creative each time they do that circuit.









**[Click here](#)** to see the movement sentences in action!

On the following pages, we have included a vocabulary chart for the words used in the Movement Sentence creative discovery activities. This acts as a reference for the vocabulary, emojis, and different terms used in the circuits.

# MOVEMENT SENTENCE VOCABULARY

Direct Action Words	Abstract Words	Punctuation		Emojis
Roll	Hot	Period (.)	Full stop	 Smiley face
Jump	Sunny	Comma (,)	Slight pause	 Frightened face
Crawl	Lazy	Dash (-)	Longer pause	 Heart
Explode	Smooth	Exclamation point (!)	Excitement	 Praying hands
Sneak	Bumpy	Question mark (?)	Doubt/uncertainty	 Thumbs up
Pounce	Spicy			 Spider
Creep	Victorious			 Unicorn
Shrink	Rocky			 Moon
Slither	Deliberate			 Sun
Wave	Vulnerable			 Lightning bolt
Erupt	Shy			 Cloud
Shake	Brave			 Star
Wiggle	Spark			 Apple
Scamper	Dark			 Ice cream cone
Rush	Bright			 Birthday cake
Scurry	Cloudy			 Cheese wedge
Soar	Happy			 Coffee cup
Spring	Slimy			 Baby bottle
Stride	Stinky			 Soccer ball
Zip	Proud			 Basketball
Zoom	Perplexed			 Flower
Bounce	Surprised			
Dart	Bold			
Dash	Mysterious			
Fly	Secretive			
Hurry	Dull			
Plummet	Empowered			
Spin	Intelligent			
Trot	Grumpy			
Swerve	Overwhelmed			

# KEY

Symbol or word	What does it mean?	Example
Single word	Do the movement for the allotted time	Roll
	Flow from one movement to the next without a break	Roll  Slither  Pounce
	Choose three of the given words in any order and flow from one movement to the next without a break	Bounce  Fly  Hurry  Dash  Zip
.	Full stop	Sneak. Bounce, Zoom – Spin! Dash?
,	Slight pause	
-	Longer pause	
!	Excitement	
?	Doubt; uncertainty	

# Choose a Level to Get Started



## LEVEL 1

One direct action word



## LEVEL 2

Two to four direct action words in order



## LEVEL 3

Three direct action words in any order



## LEVEL 4

Three or more direct action words with punctuation



## ADVANCED

Add abstract words & Emojis



## MIXED

Anything goes!



## WARM UPS FOR SPORTS



# LEVEL 1

One direct action word

In this beginner level, each circuit consists of just one direct action word such as *roll*, *crawl*, or *explode*. Say the word and allow kids 10 to 20 seconds to move in any way that expresses this word. Make sure the kids understand that once they interpret the word with movement they are to do it over and over until time is up for that circuit.

**In each circuit move in any way that best characterizes each direct action word for 10 – 20 seconds.**

**ROLY POLY**  
**THE PEPPY PUP**  
**ZIPPITY PUP**  
**THE CREEPY CRAWLER**  
**THE BUNNY JUMPER**



1

**ROLL**

2

**EXPLODE**

3

**SHRINK**

4

**SPIN**

5

**SPRING**

6

**POUNCE**

7

**ERUPT**

8

**WIGGLE**

9

**SOAR**

10

**SLITHER**



**10-20 seconds  
EACH WORD**

### **Did You Know???**

Good vegetables, proteins, and grains can give you 4 hours of energy. Sugar usually can give you about an hour or less of energy.



# THE PEPPY PUP



LEVEL 1

1 SCAMPER

2 RUSH

3 SWERVE

4 HURRY

5 POUNCE

6 STRIDE

7 SCURRY

8 CRAWL

9 SNEAK

10 ZOOM



**10-20 seconds**  
EACH WORD

## **Blast off with Breakfast!**

Eat breakfast every morning, and start your day with a bang! You'll be full of jet fuel and take off like a plane!

*What did you have for  
breakfast today?*

# ZIPPITY QUICK



**LEVEL 1**

**1**

**ZIP**

**2**

**CREEP**

**3**

**ROLL**

**4**

**BOUNCE**

**5**

**DASH**

**6**

**TROT**

**7**

**ERUPT**

**8**

**EXPLODE**

**9**

**FLY**

**10**

**PLUMMET**



**10-20 seconds  
EACH WORD**

## **Can You???**

Close your eyes and turn around in a circle 3 times. Then turn the other way 3 times. Now, with your eyes closed, try to stand on one leg and count to 10.

*Challenge a friend or family member to do the same!*



**1 DART**

**2 RUSH**

**3 CREEP**

**4 CRAWL**

**5 SOAR**

**6 WIGGLE**

**7 SPRING**

**8 SPIN**

**9 EXPLODE**

**10 WAVE**



**10-20 seconds**  
EACH WORD

**Did You Know???**

Your body has 206 bones.



1 **SPRING**

2 **SCAMPER**

3 **SHAKE**

4 **SNEAK**

5 **DASH**

6 **TROT**

7 **SWERVE**

8 **WAVE**

9 **SLITHER**

10 **BOUNCE**



**10-20 seconds**  
**EACH WORD**

### **Read What you Eat!**

When food comes in a box, the back is good reading. Can you say all the words in the food you'll be eating?

*Write out the ingredients of your favorite snack.*

*Do you know what those are?*



## LEVEL 2

Two to four direct action words in order

In level 2, they are now ready to string together a movement sentence! The same direct action words they learned in level 1 will be linked together here in sentences from 2 to 4 words long. This level now introduces the concept of transitions which will reinforce the development of movement efficiency.

In level 2 it starts to look like a dance! For each circuit simply say or write the words in the sentence first and frontload any unfamiliar vocabulary. They must perform the words in order, transitioning from one to the next and repeating the sequence for the allotted amount of time. It is helpful to say each word in the sentence to prompt them to transition as they move. Older or more experienced kids may not need the prompts and they can choose when to transition.

The arrow ➡ between each word means that they are to move to the next word in order.

**Example:**

For the movement sentence: **“Jump ➡ Sneak ➡ Soar”**.

*You could start by defining, or giving a hint for the meaning of the word that might be difficult. in this case, for “soar” you might say, “birds can SOAR high in the sky”. Either write the sentence on chart paper, a large board, or project it on a screen. Tell the kids to act out each word in order and repeat the sequence until you call time (10-20 seconds). Alternately, you can prompt each word orally. Just say the word they should move to, when you say the next word they simply transition to the next word. For 2 to 3 word sentences, you could go through the sentence twice. For longer 4 to 5 sentence words. One time through will probably be enough.*

**In each circuit, link the direct action words together that are separated by an arrow, in order to create a smooth movement sentence. Do each movement sentence for 10 – 20 seconds.**

**THE SNEAKY CRAWLER  
THE SHAKY SNAKE  
THE BOUNCE POUNCER  
THE POUNCING PANTHER  
SOARING EAGLE**

# THE SNEAKY CRAWLER



LEVEL 2

- 1 CRAWL ➔ ROLL
- 2 CRAWL ➔ ROLL ➔ EXPLODE
- 3 CRAWL ➔ ROLL ➔ EXPLODE ➔ FLY
- 4 HURRY ➔ SWERVE
- 5 JUMP ➔ SNEAK ➔ SOAR
- 6 ZIP ➔ TROT ➔ CREEP
- 7 SNEAK ➔ POUNCE ➔ SCAMPER ➔ EXPLODE
- 8 SHAKE ➔ RUSH
- 9 FLY ➔ BOUNCE ➔ WIGGLE
- 10 CREEP ➔ SCURRY ➔ WAVE ➔ SPIN



**10-20 seconds**  
**EACH MOVEMENT**  
**SENTENCE**

## Can You???

### Holding Up The Wall

Sit with your back against the wall and bend your knees until you can rest a book on your lap without using your hands. See if you can hold that for 1 minute!

*Challenge a friend or family member to do the same!*

# THE SHAKY SNAKE



LEVEL 2

1 SCAMPER ➔ ZIP

2 SCAMPER ➔ ZIP ➔ BOUNCE

3 SCAMPER ➔ ZIP ➔ BOUNCE ➔ POUNCE

4 SLITHER ➔ WAVE ➔ EXPLODE

5 SHAKE ➔ SPIN

6 SPIN ➔ SHAKE ➔ SWERVE ➔ SOAR

7 TROT ➔ ROLL ➔ JUMP

8 ROLL ➔ SHRINK ➔ ERUPT ➔ SHRINK

9 PLUMMET ➔ JUMP

10 POUNCE ➔ SLITHER



**10-20 seconds  
EACH MOVEMENT  
SENTENCE**

## Did You Know???

Good vegetables, proteins, and grains can give you 4 hours of energy. Sugar usually can give you about an hour or less of energy.



# THE BOUNCE POUNCER



LEVEL 2

- 1 CRAWL ➡ EXPLODE
- 2 SNEAK ➡ POUNCE
- 3 SWERVE ➡ BOUNCE
- 4 ROLL ➡ SLITHER ➡ POUNCE
- 5 CREEP ➡ SCURRY ➡ SHAKE
- 6 TROT ➡ SPIN ➡ PLUMMET
- 7 SNEAK ➡ ERUPT ➡ SHAKE
- 8 SLITHER ➡ WIGGLE ➡ DART
- 9 WAVE ➡ SNEAK ➡ JUMP
- 10 FLY ➡ SHRINK ➡ SCAMPER



**10-20 seconds**  
**EACH MOVEMENT**  
**SENTENCE**

## The Superstar Handshake

When you shake someone's hand, whoever they are, squeeze like you mean it, they'll think you're a star!

*Practice a good handshake!*

# THE POUNCING PANTHER



LEVEL 2

1 CRAWL ➔ EXPLODE ➔ SNEAK

2 SHRINK ➔ WAVE

3 SHAKE ➔ ERUPT ➔ POUNCE

4 STRIDE ➔ SPRING ➔ WAVE ➔ SHRINK

5 SNEAK ➔ ROLL ➔ SOAR

6 CREEP ➔ POUNCE

7 BOUNCE ➔ WAVE ➔ SPIN

8 SHRINK ➔ SPRING ➔ RUSH ➔ WIGGLE

9 SLITHER ➔ POUNCE ➔ ROLL

10 SNEAK ➔ WIGGLE ➔ CRAWL



**10-20 seconds**  
**EACH MOVEMENT**  
**SENTENCE**

## Can You???

### Count Your Heart Beats.

Hold your pointer finger and your middle finger together. Place them on the underside of your wrist, right below your thumb. Feel around until you can feel your heart beat on your wrist!

*Teach a friend or family member to do the same!*

# SOARING EAGLE



LEVEL 2

- 1 SOAR ➔ ROLL
- 2 ROLL ➔ CREEP
- 3 WAVE ➔ ERUPT ➔ CRAWL ➔ SLITHER
- 4 SHRINK ➔ EXPLODE ➔ SCAMPER
- 5 SPRING ➔ STRIDE
- 6 ZIP ➔ ZOOM ➔ WIGGLE
- 7 SHAKE ➔ DART ➔ FLY
- 8 RUSH ➔ SNEAK
- 9 SCURRY ➔ WAVE ➔ POUNCE ➔ ROLL
- 10 SPRING ➔ PLUMMET



**10-20 seconds**  
**EACH MOVEMENT**  
**SENTENCE**

## Did You Know???


Your upper leg bones are your quadriceps (front) and your hamstrings (back).



## LEVEL 3

Three direct action words in any order

In level 3, kids will be able to have some say in what they do. They can choose 3 words out of a list of 4 to 6 direct action words, and put them together in any order they like.

The words will be separated by a SQUIGGLY SLASH  Having this choice fosters autonomy, which gives kids a sense of ownership. When they feel like they are helping to construct an activity and can freely interpret the words, they begin to feel competent with movement and this helps them develop more self-confidence.

Autonomy and competence, along with the sense of community they get doing these activities as a group, have been shown in studies to increase a child's motivation and desire to move more and stay engaged in physical activity for a lifetime.

**Example:** *For the movement sentence:*

**“Roll ↻ Sneak ↻ Shrink ↻ Wiggle ↻ Rush”.**

*You could start by defining, or giving a hint for the meaning of the words that might be difficult. In this case, the words are all simple so it might not be necessary to define any. Either write the words separated by a slash on chart paper, a large board, or project it on a screen. Tell the kids to choose 3 words they want to interpret. Let them know that they can act out each word they choose in any order and repeat the sequence until you call time. Alternately, you can say all 4 or 6 words out loud and have the kids pick out 3 from your list.*

**In each circuit, choose 3 direct action words in any order and link them together to create a smooth movement sentence. Do each movement sentence for 10 – 20 seconds.**

**THE DIZZY WIGGLE  
WIGGLE N’ ROLL  
FLYING HIGH, DIVING LOW  
WIGGLE WORM  
DARTING TIGER**

# THE POUNCING PANTHER



## LEVEL 3

1

SWERVE ↻ SPIN ↻ PLUMMET ↻ HURRY ↻ TROT

2

ROLL ↻ SNEAK ↻ SHRINK ↻ WIGGLE ↻ RUSH

3

STRIDE ↻ SOAR ↻ WIGGLE ↻ SHAKE ↻ POUNCE

4

CRAWL ↻ POUNCE ↻ EXPLODE ↻ SLITHER ↻ SPRING

5

BOUNCE ↻ FLY ↻ HURRY ↻ DASH ↻ ZIP

6

SWERVE ↻ TROT ↻ SPIN ↻ CRAWL ↻ JUMP ↻ ROLL

7

WAVE ↻ WIGGLE ↻ RUSH ↻ SHRINK ↻ SLITHER ↻ SNEAK

8

JUMP ↻ POUNCE ↻ CREEP ↻ SLITHER ↻ SOAR ↻ STRIDE

9

SOAR ↻ SCAMPER ↻ WAVE ↻ RUSH ↻ WIGGLE ↻ SHRINK

10

SWERVE ↻ PLUMMET ↻ DASH ↻ POUNCE ↻ ROLL ↻ SOAR



**10-20**  
**seconds**

EACH MOVEMENT  
SENTENCE

**Nice!**

Doing something nice can make you feel good. Do 5 nice things daily, you think you could?

*Do 5 nice things for 5 different people today.*

# WIGGLE N' ROLL



## LEVEL 3

1 ROLL ? JUMP ? CRAWL ? EXPLODE

2 SNEAK ? POUNCE ? CREEP ? SHRINK ? SLITHER

3 WAVE ? ERUPT ? SHAKE ? WIGGLE

4 SCAMPER ? RUSH ? SCURRY ? SOAR ? SPRING

5 STRIDE ? ZIP ? ZOOM ? BOUNCE

6 DART ? DASH ? FLY ? HURRY

7 PLUMMET ? SPIN ? TROT ? SWERVE

8 SCAMPER ? ROLL ? SWERVE ? WAVE ? SHAKE

9 CREEP ? EXPLODE ? JUMP ? SWERVE

10 WIGGLE ? POUNCE ? BOUNCE ? SNEAK ? SPRING



**10-20**  
**seconds**

EACH MOVEMENT  
SENTENCE

**Can You???**

**3 in 5**

Do 2 push ups,  
2 sit ups, and 2  
jumping jacks in  
5 seconds.

*Challenge a friend  
or family member  
to do the same!*



**1** SCAMPER ↻ HURRY ↻ SOAR ↻ SHRINK ↻ CRAWL

**2** ROLL ↻ SWERVE ↻ JUMP ↻ TROT

**3** TROT ↻ SPIN ↻ BOUNCE ↻ RUSH ↻ SHRINK

**4** JUMP ↻ POUNCE ↻ SLITHER ↻ SCAMPER ↻ WAVE

**5** ERUPT ↻ SHAKE ↻ SLITHER ↻ SHRINK

**6** FLY ↻ ZOOM ↻ SPRING ↻ SHRINK ↻ SNEAK

**7** POUNCE ↻ ROLL ↻ SWERVE ↻ BOUNCE ↻ RUSH

**8** SOAR ↻ WIGGLE ↻ WAVE ↻ EXPLODE

**9** DASH ↻ ZOOM ↻ SPRING ↻ SLITHER ↻ TROT

**10** RUSH ↻ SNEAK ↻ SHRINK ↻ SLITHER



**10-20**  
**seconds**

EACH MOVEMENT  
SENTENCE

**Did You  
know???**

**3 in 5**

The muscles on the  
back of your lower  
legs are your  
calves.



# WIGGLE WORM



LEVEL 3

1 SCAMPER ↻ SOAR ↻ SPRING ↻ WAVE

2 SHRINK ↻ SNEAK ↻ POUNCE ↻ CRAWL ↻ EXPLODE

3 ROLL ↻ SWERVE ↻ SHAKE ↻ POUNCE ↻ CREEP

4 JUMP ↻ SNEAK ↻ ERUPT ↻ FLY

5 TROT ↻ DART ↻ ZOOM ↻ ZIP ↻ SLITHER

6 STRIDE ↻ WIGGLE ↻ CREEP ↻ CRAWL ↻ DART

7 DART ↻ SNEAK ↻ FLY ↻ SOAR ↻ STRIDE

8 SHRINK ↻ SLITHER ↻ POUNCE ↻ EXPLODE

9 SCURRY ↻ SHAKE ↻ ERUPT ↻ ZIP ↻ SOAR

10 JUMP ↻ BOUNCE ↻ DASH ↻ WIGGLE ↻ RUSH



**10-20**  
**seconds**

EACH MOVEMENT  
SENTENCE

## Compliments are Contagious

A compliment is a nice thing we say to someone.

Like "I like your shoes", or "hanging out with you is fun!"

*Give someone a compliment today.*

# DARTING TIGER



LEVEL 3

1 DART ? SCAMPER ? ROLL ? SHRINK ? FLY

2 ROLL ? EXPLODE ? POUNCE ? SHRINK

3 SWERVE ? SPIN ? HURRY ? DASH ? BOUNCE

4 SCAMPER ? SHAKE ? WAVE ? CREEP

5 WIGGLE ? CREEP ? DASH ? FLY ? SPIN

6 STRIDE ? SOAR ? ERUPT ? SLITHER ? SNEAK

7 SWERVE ? CRAWL ? POUNCE ? WIGGLE

8 WAVE ? SPRING ? RUSH ? SOAR ? SHAKE

9 SLITHER ? SHRINK ? CREEP ? ZOOM

10 PLUMMET ? HURRY ? DART ? WAVE ? SPRING



**10-20**  
**seconds**

EACH MOVEMENT  
SENTENCE

## Can You???

### The Veggie Race

Challenge a friend or family member to see who can write down the names of 10 vegetables the fastest.



# LEVEL 4

Three or more direct action words with punctuation

In level 4, we introduce punctuation marks to our movement sentences. Now kids are going to inject some emotion into each word! It is important to frontload the meanings of the punctuation marks, such as a question mark (?) means doubt or uncertainty.

This is definitely more advanced as kids must be able to provide more levels of nuance for each word. In some instances the same words will be listed in the same order in more than one circuit. The only difference is that each word will have a different punctuation mark. This will help them create a more clear contrast of how to interpret the word based on the punctuation.


**Example:** *Before starting any level 4 circuit, begin by going over the meaning of all punctuation marks. For instance, The exclamation point means “excitement,” the question mark means “doubt” the dash means “a long pause”. If there is an arrow ➡ just transition directly to the next word. For the movement sentence:*

**“Sneak ➡ Pounce! Explode? Slither--”.**

*You could start by defining, or giving a hint for the meaning of the word that might be difficult. In this case, for “slither” you might say, “think of an animal that might slither on the ground like a snake”. Either write the sentence on chart paper, a large board, or project it on a screen. If this is not an option, simply say each word and punctuation mark in the sentence to prompt them*

to move to the next word. Tell the kids to act out each word, in order, as modified by the punctuation mark. and repeat the sequence until you call time. For 2 to 3 word sentences, you could go through the sentence twice. For longer 4 to 5 sentence words, one time through will probably be enough.

**Following are examples of how the exclamation point and question mark might be used:**

“Explode!” might be a huge, quick jump in the air with both arms and legs extended fully. “Explode?” might be a timid, slow extension of the whole body without jumping and arms and legs only partially extended. An arrow, comma, period, or dash after a word will indicate how long to pause before moving to the next word. For instance, if there is an arrow , they should just flow into the next word. For a comma, there is a slight pause; for a dash, a longer pause, and for a period there should be an even longer pause. This should be seen as a full stop, where their body goes back to a neutral position. With a comma or dash, they may remain in the previous position before transitioning to the next word. If a word ends with an exclamation point and the next word ends with a question mark (or vice versa) there is no pause. They should just flow into the next word.

**In each circuit, move in any way that best characterizes each direct action word and punctuation mark in order. Do each movement sentence for 10 – 20 seconds.**

**BLAST OFF!  
JUNGLE GYM  
CATCH THE WAVE  
POUNCE N’ BOUNCE  
SNAKE, RATTLE N’ ROLL**

# BLAST OFF!



LEVEL 4

1 SWERVE - SPIN! CRAWL.

2 ROLL, HURRY? BOUNCE!

3 EXPLODE? SPIN!! DART, SPRING.

4 FLY, SLITHER. HURRY? ZOOM -

5 SNEAK? - BOUNCE. ZOOM!

6 WAVE → FLY!! SPIN?

7 SWERVE - SOAR, BOUNCE! SCAMPER

8 SNEAK → POUNCE! EXPLODE? SLITHER -

9 ERUPT. SPRING. CREEP. ROLL!

10 DASH, SCAMPER, SWERVE, WIGGLE?



**10-20**  
**seconds**

EACH MOVEMENT  
SENTENCE

## Did You Know???

Our bodies use fat, protein, and carbohydrates for fuel.

# JUNGLE GYM



LEVEL 4

1 SPRING? ROLL. SWERVE, SPIN!

2 SNEAK! EXPLODE? ROLL -

3 SCURRY, FLY. JUMP?

4 CRAWL? RUSH ➡ WIGGLE? ROLL!

5 JUMP, EXPLODE - SHRINK ➡ POUNCE?

6 SOAR! SCURRY? SCAMPER - SPRING, STRIDE!

7 FLY ➡ HURRY ➡ SPIN! TROT?

8 SNEAK? SHRINK? SLITHER!

9 ERUPT! WAVE. SCAMPER, ZIP. ZOOM?

10 SLITHER, RUSH, STRIDE, SHAKE? BOUNCE!



**10-20**  
**seconds**

EACH MOVEMENT  
SENTENCE

## Clean Up Your Mess!

We all make a mess, and that's perfectly OK. Just make sure to clean it up before you go on your way

*What can you help clean up today??*

# CATCH THE WAVE



LEVEL 4

1 SLITHER ➡ SHRINK, WIGGLE - SOAR!

2 ZOOM. STRIDE. SWERVE, DASH!

3 SCURRY, CREEP, POUNCE?

4 RUSH, SNEAK ➡ SPRING. BOUNCE?

5 SCAMPER, POUNCE. ROLL! FLY?

6 DART. TROT, WIGGLE - SHRINK!

7 SOAR? SCAMPER ➡ HURRY? WAVE!

8 WAVE. ROLL, SNEAK!

9 PLUMMET! SHRINK! CREEP. WAVE? BOUNCE,

10 SPRING, WIGGLE? ZIP! SOAR, ERUPT. HURRY,



**10-20**  
**seconds**

EACH MOVEMENT  
SENTENCE

**Did You  
Know???**

Your muscles  
are made out of  
protein.

# POUNCE N'BOUNCE



**LEVEL 4**

**1 ROLL, POUNCE. EXPLODE - SHRINK**

**2 ROLL - POUNCE, EXPLODE. SHRINK?**

**3 ROLL? POUNCE - EXPLODE? SHRINK!**

**4 ZIP? SNEAK! WAVE?**

**5 ZIP! SNEAK? WAVE!**

**6 DART? WAVE! SNEAK, ERUPT. SLITHER -**

**7 SHAKE, SNEAK! ROLL.**

**8 CREEP! JUMP? SPIN, RUSH**

**9 POUNCE! BOUNCE? POUNCE? BOUNCE!**

**10 FLY? CRAWL! FLY! CRAWL?**



**10-20  
seconds**

**EACH MOVEMENT  
SENTENCE**

## **Time to Teach**

Others want to know how you can do the things you do. When you take time to teach them, you get better at these things too!

***What is 1 thing you could teach someone today?***



# SNAKE, RATTLE N' ROLL



**LEVEL 4**

**1**

**WAVE! SHRINK? ROLL, EXPLODE!**

**2**

**WAVE? SHRINK! ROLL - EXPLODE.**

**3**

**SLITHER, SCURRY? SOAR!**

**4**

**SLITHER! SCURRY, SOAR?**

**5**

**RUSH ➡ ZIP ➡ SPRING ➡ FLY ➡ PLUMMET**

**6**

**RUSH. ZIP? SPRING - FLY, PLUMMET!**

**7**

**TROT, SLITHER! ERUPT?**

**8**

**TROT. SLITHER? ERUPT! SOAR?**

**9**

**TROT - SLITHER. ERUPT, SOAR! WAVE.**

**10**

**TROT! SLITHER, ERUPT. SOAR - WAVE! SWERVE?**



**10-20  
seconds**

**EACH MOVEMENT  
SENTENCE**

## **Can You???**

Write down 10 exercises that you can do in your living room. When you get home tonight, do each one of the exercises for 30 seconds.

*Invite a friend or family member to do the same!*



# ADVANCED

Add abstract words & Emojis

In the advanced circuits we introduce abstract words and emojis. Each emoji is listed with the actual icon image and the name of the emoji below it, such as a picture of a smiley face with “smiley face” written below.

In levels 1-4 the words directly suggest actions that most kids will be familiar with such as shrink, wiggle, or roll. Some of the words are more advanced for older kids, yet are still a direct action, such as plummet, scurry, or stride.

In the advanced level circuits, in addition to emojis, all words used will be abstract, so as to suggest a feeling that can be freely interpreted, such as hot, victorious, or shy. Of course, it is a good idea to frontload vocabulary that may be new to kids and always let them know that if they forget a word’s meaning, or just don’t know it, to simply move in any way that the word “sounds” to them. For instance, words with hard consonant sounds, such as deliberate, might make kids move with more force, whereas words with softer letter sounds, like sunny, might evoke smoother movement.

Each of the four Advanced circuits are presented in order with the first circuit as a level 1 advanced circuit and the fourth circuit as a level 4 advanced circuit. The only difference from the level 1 through 4 circuits described previously is the exclusive use of abstract words in place of direct action words, and the addition of emojis.

**EMOJIS:** *When writing advanced circuits, either draw the emoji or write the word that appears below each emoji. If writing the emoji word description it might be helpful to capitalize or circle the words to show*

they are part of an emoji. If you are just saying the words and emojis out loud, just say the description below each emoji. For example, you might say the following sentence with emojis as:

**“Dark 🏠 Spicy 🏠 SOCCER BALL 🏠 Lazy 🏠 SMILEY FACE”**

In the **level 1** advanced circuit, **Hot Ice Cream**, one abstract word or emoji is presented for each movement sentence.

In the **level 2** advanced circuit, **Bumpy, Lumpy, & Smooth**, The same type of abstract words and emojis they learned in advanced level 1 will be linked together here in sentences from 2 to 4 words long. For each circuit simply say or write the words in the sentence first and frontload any unfamiliar vocabulary. They must perform the words in order. It is helpful to say each word in the sentence to prompt them to move to the next word.

In the **level 3** advanced circuit, **Spicy Hot!**, they can choose 3 words or emojis out of a list of 4 to 6 abstract words and emojis, and put them together in any order they like.

In the **level 4** advanced circuit, **Sparky the Spider**, kids will interpret each abstract word, emoji, and punctuation mark flowing from one word to the next in order.

**In each circuit, move in any way to best characterize the following combinations of abstract words, EMOJIS, and/or punctuation marks. Do each movement sentence for 10 – 20 seconds.**

**HOT ICE CREAM  
SPARKY THE SPIDER  
BUMPY, LUMPY, & THE SMOOTH  
SPICY HOT**



1 **HOT**

2  Thumbs up

3 **VICTORIOUS**

4 **SHY**

5 **DARK**

6 **BRIGHT**

7 **STINKY**

8 **PROUD**

9  Ice cream cone

10 **SUNNY**



**10-20**  
**seconds**  
EACH WORD

**Did You  
Know???**

Too much sitting  
can make you sick!  
Stand up and move  
whenever you can.



1 LAZY ➔ ROCKY

2 BRAVE ➔ PERPLEXED

3 SPICY ➔ BUMPY ➔ SLIMY

4 CLOUDY ➔  ➔ SUNNY  
Heart

5 SMOOTH ➔ BUMPY ➔ SHY ➔ BRAVE

6 HAPPY ➔ PROUD ➔ GRUMPY

7 BRIGHT ➔ SLIMY

8 SPARK ➔ ROCKY ➔ DELIBERATE

9 PERPLEXED ➔  ➔ DARK ➔ VICTORIOUS  
Praying hands

10 BUMPY ➔ LAZY



**10-20**  
**seconds**

EACH MOVEMENT  
SENTENCE

## Moving is Magic

To feel like a champ, get up and move. Slouching and sitting gets you out of your groove!

*Stand up!*

# SPICY HOT



## ADVANCED

1

HOT SPICY ROCKY VICTORIOUS

Frightened face

Apple

2

DELIBERATE SHY HAPPY

Lightning bolt

3

BUMPY SUNNY HOT SLIMY STINKY

Cloud

4

CLOUDY PROUD BOLD SECRETIVE BUMPY LAZY

5

Sun

Cheese wedge

Birthday cake

Baby bottle

Flower

6

SHY DARK SPICY

Soccer ball

7

DELIBERATE BUMPY BRIGHT SURPRISED

Star

8

STINKY LAZY EMPOWERED GRUMPY

Moon

9

SURPRISED PROUD SMOOTH/ VULNERABLE INTELLIGENT

10

HOT SHY BRAVE SMOOTH

Coffee cup



**10-20**  
**seconds**

EACH MOVEMENT  
SENTENCE

### Can You???

#### Jumping Jack Commercial Break

When you're watching TV and a commercial break happens, see if you can do jumping jacks for the entire commercial break without stopping.

*Challenge a friend or family member to do the same!*



1 **BUMPY, HOT? PROUD.**

2 **SHY!**  **- SMOOTH. SPARK?**  
Smiley face

3 **SHY! BRAVE? SMOOTH! BUMPY?**

4 **SHY? BRAVE! SMOOTH? BUMPY!**

5  **? LAZY. SPICY! DARK,**  
Thumbs up

6 **PERPLEXED! SLIMY, VULNERABLE? MYSTERIOUS.**

7 **CLOUDY, SPICY. DELIBERATE - SHY! SLIMY?**

8 **BRIGHT. STINKY. DULL! GRUMPY,**   
Moon

9 **DELIBERATE? HAPPY,**  **. VULNERABLE!**  
Spider

10 **SMOOTH! SHY? LAZY, SPICY? BOLD -**



**10-20**  
**seconds**  
EACH WORD

### Did You Know???

There are 100,000 miles of blood vessels in your body.



# MIXED

Anything goes!

In the six Mixed circuits anything goes! Everything presented in all levels up to this point will be mixed together in each circuit. This means that the first movement sentence could be one abstract word, and the next sentence might be a mix of direct action and abstract words strung together with punctuation.

Each of these circuits require that the kids (and instructor!) be very familiar with all the symbols, words, and rules that apply to all the other levels. The mixed level is fast paced and is a culmination of all the work they have done with the other levels.

Successful and smooth completion of mixed level circuits is a sign of mastery of this creative discovery activity. Mixed circuits, therefore, should only be done with older or more experience students or the result could be frustration both for kids and the instructor.



**In each circuit, move in any way to best characterize the following combinations of direct action words, abstract words, EMOJIS, and/or punctuation marks. Do each movement sentence for 10 - 20 seconds.**

**SMILE A WHILE  
STAR TRAVELER  
THE GRUMPY UNICORN  
BRAVEHEART  
THE SHY VOLCANO  
THE LEAPING LEOPARD**

# SMILE A WHILE



MIXED

1

**BUMPY**

2

**SPARK**

3

**ROLL, CLOUDY**

4

**SPIN → LAZY**

5

**VULNERABLE, WIGGLE!**

6

**CRAWL, SPICY! POUNCE**

7

**BOLD, MYSTERIOUS → GRUMPY**

8

**EMPOWERED - OVERWHELMED, JUMP?**

9

**STINKY! HAPPY? SOAR.**

10



Smiley face

**→ SHRINK, CLOUDY**



**10-20  
seconds**

**EACH MOVEMENT  
SENTENCE**

## **Deep Breaths on Dog Days**

When you're grouchy or slouchy or grumpy or glum, try taking a deep breath, then you'll feel ready for fun.

*Take three deep, slow breaths.*

# STAR TRAVELER



## MIXED



1

**SHY**  - **BRIGHT? STRIDE?**  
Thumbs up


2

  **ROLL, GRUMPY.**   
Unicorn Ice cream cone

3

**LAZY**  **VICTORIOUS**  **SWERVE**  **DULL**

4

**WAVE. MYSTERIOUS! BUMPY**  **RUSH**

5

  **SPICY, SHRINK**    **SNEAK**  
Birthday cake Praying hands

6

**DART, PERPLEXED**   **. HURRY**  
Lightning bolt

7

**SECRETIVE,**   **SPIN. SLIMY!**  
Flower

8

 **. ROCKY! CLOUDY?**   
Moon Cheese wedge

9

**SLITHER**  **POUNCE**   **MYSTERIOUS**  **SWERVE!**    
Star Frightened face

10

 - **SLIMY**  **SURPRISED. POUNCE?**  
Apple

### 10-20

### seconds

EACH MOVEMENT  
SENTENCE

### Can You???

#### Loud silence

Close your eyes  
and listen until you  
hear 10 things you  
have never heard  
before.

*Challenge a friend  
or family member  
to do the same!*

# THE GRUMPY UNICORN



MIXED

1 SHY ➔ SPICY

2 CLOUDY, BUMPY! ROLL

3 HOT! SHRINK. GRUMPY



4 DELIBERATE   
Smiley face

5 VULNERABLE, ERUPT? WIGGLE. STINKY!

6 BOUNCE ➔ CLOUDY ➔ ROLL ➔ MYSTERIOUS!

7 HOT ? OVERWHELMED ? BOLD ? SHY ? BRAVE ? DARK

8 CRAWL , PERPLEXED! SPIN ➔ PLUMMET  
Coffee cup

9 SNEAK, ROCKY, SHAKE, HAPPY

10 BOUNCE - DARK.  ➔ ROLL, STINKY!  
Lightning bolt



**10-20**  
seconds  
EACH WORD

## Did You Know???

The more you exercise as a kid, the more things you'll be good at as an adult!



1 SECRETIVE

2 PROUD? WAVE! ROLL,



Apple

3 SHY  - DULL. SURPRISED, SPICY!

Heart

4 HOT  VICTORIOUS  SNEAK  SCAMPER  SLIMY

5 EMPOWERED  SHY!  SMOOTH?  SPARK.

6 LAZY  ! BUMPY, PERPLEXED! INTELLIGENT

Basketball

7 STRIDE?!

8 BRIGHT. WAVE? BRAVE  DULL!

9 SPRING?  , SPICY, BRIGHT -

Flower

10 ZIP! SLIMY, HAPPY? PROUD!



**10-20**  
**seconds**

EACH MOVEMENT  
SENTENCE

### Can You???

#### Clap to the beat

Listen to a radio station and start clapping to the beat of a song. Quickly switch the station and see how fast you can switch to clapping to the beat of a different song.

*Challenge a friend or family member to do the same!*

# THE SHY VOLCANO



MIXED

1

SHY  BRAVE. ERUPT?

Spider

2

ROLL! CRAWL? SMOOTH, BUMPY

3

DELIBERATE    DULL  ZOOM  INTELLIGENT!

Ice cream cone

4

SHAKE? HOT. LAZY!

5

PERPLEXED

6

BOUNCE, ROLL, EMPOWERED, GRUMPY

7

SMOOTH    SHY  ROCKY

Coffee cup

8

WAVE? VICTORIOUS. SPICY, STINKY

9

SLITHER - BRAVE! DARK. HAPPY?

10

DART , SPICY. EXPLODE  SHRINK!

Frightened face



**10-20**  
**seconds**  
EACH WORD

## Did You Know???

Our bones are made out of calcium. We get calcium from dairy products, and even some green vegetables.

# THE LEAPING LEOPARD



## MIXED

1

SLITHER! PONCE?

2

SPICY, ROLL! ERUPT.



Praying hands

3

SPICY  LAZY  VICTORIOUS  TROT



Unicorn

4

ROCKY  WAVE  HAPPY  SCURRY



Moon

5

BRAVE

6

SCAMPER! WIGGLE?

7

DELIBERATE  SHAKE  CRAWL  SUNNY

8

  SMOOTH?  SPARK  ERUPT!  SHAKE.

Praying hands

9

MYSTERIOUS

10

SNEAK? SPICY! DARK. SLIMY?



**10-20**  
**seconds**

EACH MOVEMENT  
SENTENCE

## The Feel Good Friend

The best way to show that you're really a star, is to make someone else smile whoever they are.

*Tell someone else what they are good at today!*



# WARM UPS FOR SPORTS

Youth sports teams often need a quick general warm up before they move on to more tactically related movement skills.

Both the guided and creative discovery strategies work perfectly for young sports teams. To accommodate time limitations to allow for more tactical work, we suggest a slightly different format.

For guided discovery, we combine two stationary movement control activities and two locomotion activities for a total of four fundamental movement skills utilized each day. For each of these, we provide four Movement Variables.

Most of these Movement Variables are placed contrasting pairs. For example, “fast” then “slow”. This helps each child immediately develop a reference for movement. Each movement variable should be performed for about five seconds for each fundamental movement skills.

For example



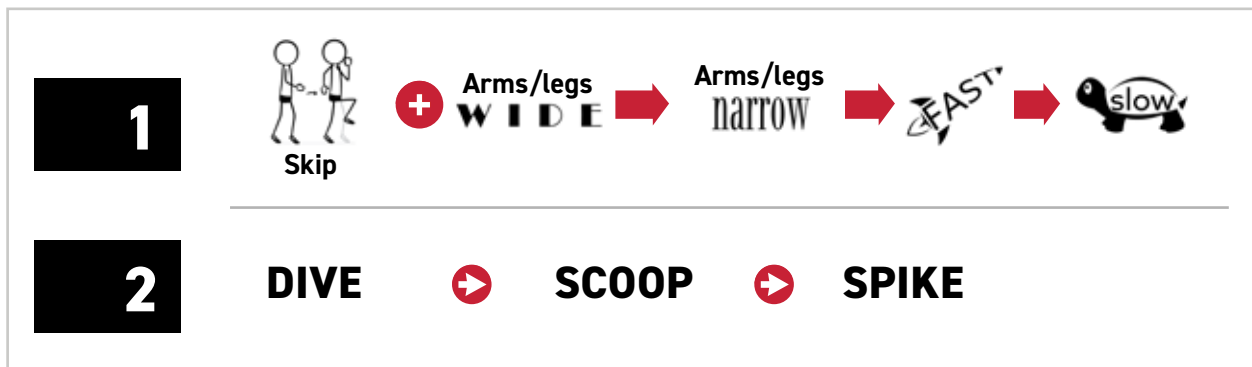
After the four guided discovery activities using Movement Variables, we provide three, three-word creative discovery movement transitions. We recommend prompting the kids to perform each of the creative words as a single movement a few times before combining all three.



For creative discovery, children should continue each pairing of three movements for a total of 10-15 seconds. We have created an additional list of creative discovery words for sports teams.

Another organizational option that kids enjoy is to alternate between guided and creative discovery. After one of the fundamental movement skills combine with Movement Variables, the next movement series would be the creative discovery movement transitions. We provide this option with 5 of the workouts.

For example:



**For the guided discovery activities, perform each movement variable for about 5 seconds.**

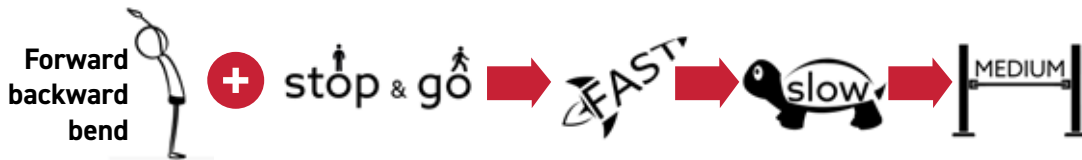
**For each series of 3 creative discovery movement transitions, continue for about 10-15 seconds.**

- SPEED DEMON**
- FAST AND FURIOUS**
- CHAMPION**
- CHALLENGE**
- GO TIME**
- THE BREAKAWAY**
- SCORING MACHINE**
- YOU GOT GAME**
- MVP**
- CAN'T STOP US**
- UNDEFEATED**

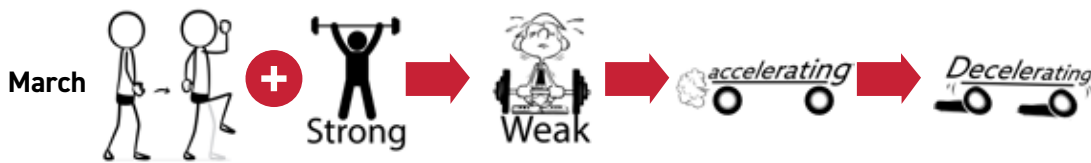
# SPEED DEMON

## WARM UPS FOR SPORTS

1



2



3



4



5

**DRIVE** ➔ **SPIN** ➔ **CUT**

6

**ROLL** ➔ **DROP** ➔ **BLAST**

7

**EXPLODE** ➔ **SIZZLE** ➔ **BOUNCE**



### Champions Say Thank You

A champion says thank you, To parents, teachers, coaches, and refs. They're thankful for everyone.

That makes them there best!

*Say "Thank You" to your parents, teachers, coaches and refs today!*

# FAST AND FURIOUS

## WARM UPS FOR SPORTS

1



Rotation



2



Crawl



3



Crab hip hold



4



Skip



5

**SCOOP** → **HOT** → **DUNK**

6

**DIVE** → **QUICK** → **DOWN**

7

**UP** → **SLIDE** → **BUST**



**Do You Have P.R.I.D.E?**

**P**ersonal  
**R**esponsibility  
**I**n  
**D**aily  
**E**ffort

# CHAMPION CHALLENGE

## WARM UPS FOR SPORTS

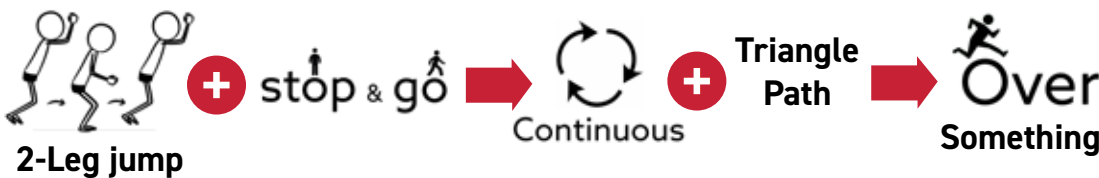
1



2



3



4



5

**AROUND ➔ BLOCK ➔ RACE**

6

**SHRINK ➔ STOP ➔ GROW**

7

**TURN ➔ TWIST ➔ LEAP**

### Can You???

#### The Green Machine Challenge

Eat a green vegetable with every meal, including breakfast tomorrow!

*If you can, you're a Green Machine!*

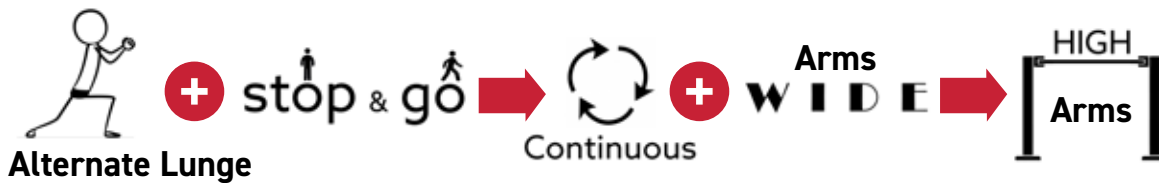
# GO TIME

## WARM UPS FOR SPORTS

1



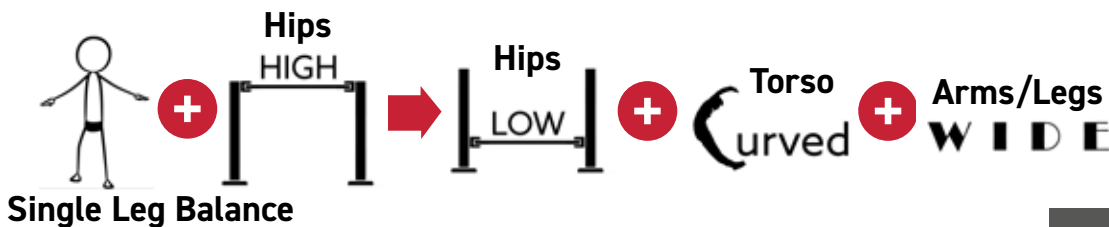
2



3



4



5

**SCORE** ➡ **SPLIT** ➡ **FAKE**

6

**SCREEN** ➡ **GUARD** ➡ **CHASE**



### Always Get Better

You won't always win.  
You will lose and get bruised.  
But you'll work hard and get better,  
Because that's what champions do.

# THE BREAKAWAY

## WARM UPS FOR SPORTS

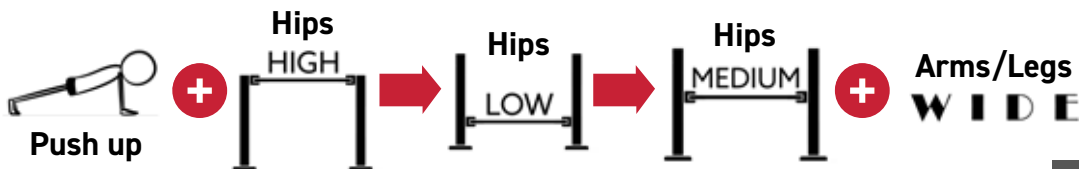
1



2

**SHAKE** → **LOOSE** → **TIGHT**

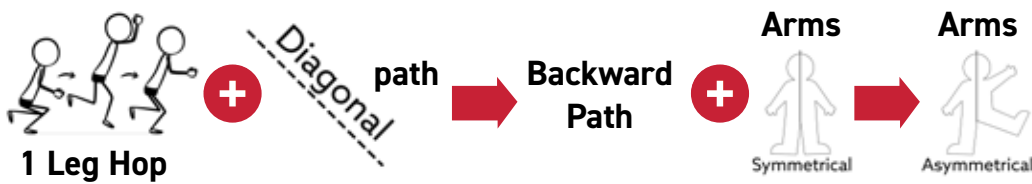
3



4

**BREAK** → **TURBO** → **SLO-MO**

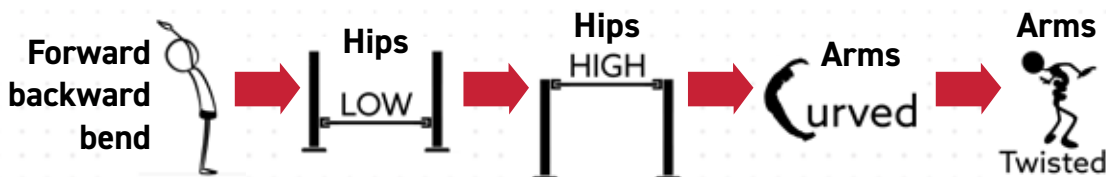
5



6

**SKID** → **STRONG** → **SPIKE**

7



**Who is your favorite athlete?**

- ✓ What year were they born?
- ✓ Where were they born?
- ✓ What was their favorite sport growing up?
- ✓ Why they your favorite?

*Look up the answers to these questions on the internet and share them with mom, dad, and/or coach!*

# SCORING MACHINE

## WARM UPS FOR SPORTS

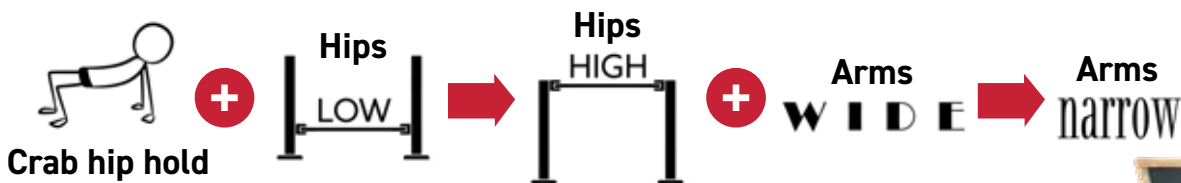
1



2

**BUST → AROUND → SHRINK**

3



4

**EXPLODE → TURN → DIVE**

5



6

**SCREEN → DROP → ROLL**

7



### Can You???

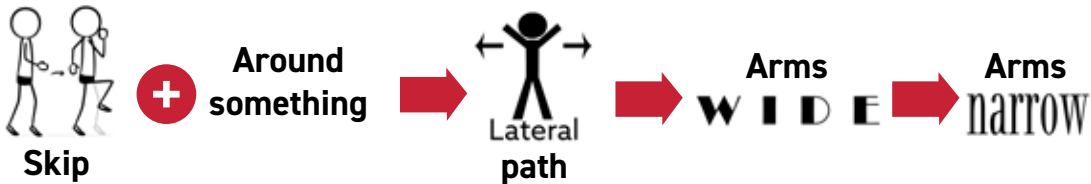
#### Knee-Jump Challenge

1. Start by sitting on your knees so your heels are on your rear end.
2. As fast as you can, try to jump from your knees to your feet without putting your hands on the ground.

# YOU GOT GAME

## WARM UPS FOR SPORTS

1



2

**BOUNCE → CUT → DRIVE**

3



4

**RACE → STOP → DUNK**

5



6

**SCOOP → TURBO → SPIKE**

7



### Elevate Your Team

Winning takes effort from everyone on the team.

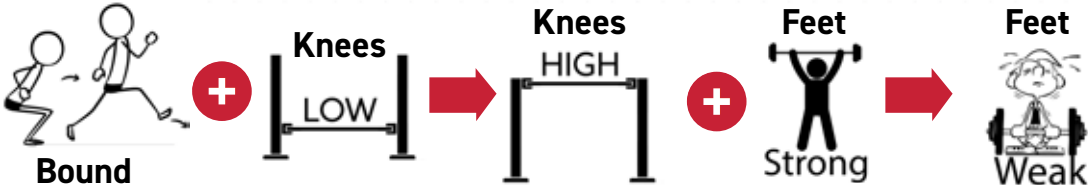
*Tell a teammate one thing they did well today.*



# MVP

## WARM UPS FOR SPORTS

1



2

**DOWN** ➔ **UP** ➔ **SPIN**

3



4

**BLOCK** ➔ **SHAKY** ➔ **STRONG**

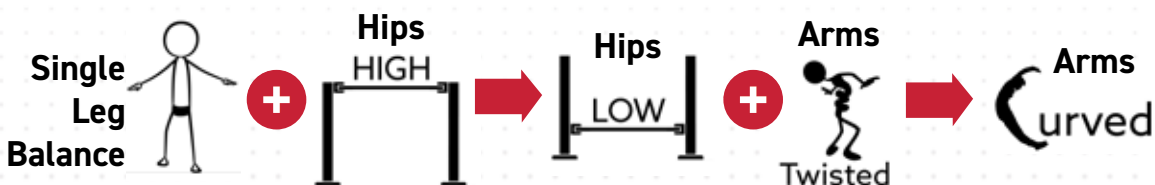
5



6

**SIZZLE** ➔ **FAKE** ➔ **QUICK**

7



### Winners Never Quit

Sometimes you get tired. You want to stop, pout, or sit. This is when winners work harder.

*Winners never quit.*

# CAN'T STOP US

## WARM UPS FOR SPORTS

1



2

**DIVE** ➔ **TWIST** ➔ **GRIND**

3



4

**SPIKE** ➔ **CHASE** ➔ **DROP**

5



6

**LEAP** ➔ **ROLL** ➔ **DRIVE**

7



### Show PRIDE Where You Practice

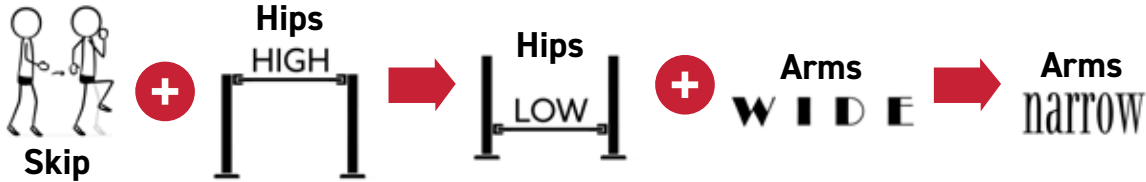
Champions are proud of where they practice and work hard to keep it great.

*Throw away 3 pieces of trash before you leave your field or court today!*

# UNDEFEATED

## WARM UPS FOR SPORTS

1

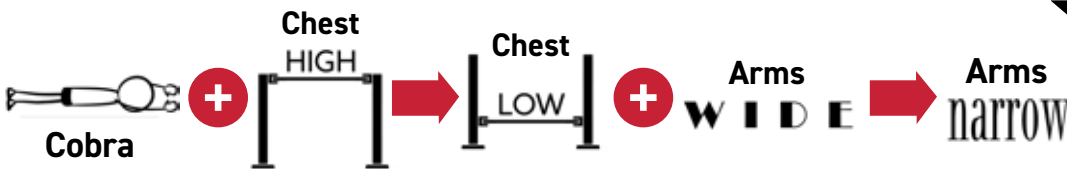


2

**SPIN** ➔ **EXPLODE** ➔ **GUARD**



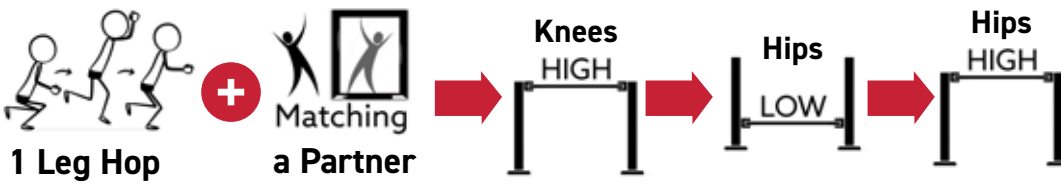
3



4

**BUST** ➔ **AROUND** ➔ **SLIDE**

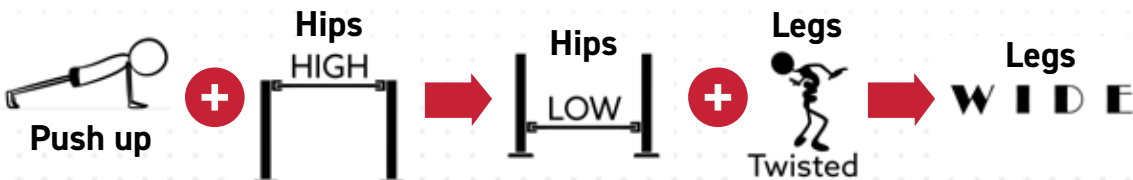
5



6

**TURBO** ➔ **CUT** ➔ **SHRINK**

7



### Can You???

Your Name  
in the Air

Try to spell your  
name in the air  
with:

1. Your finger, both hands at the same time
2. Your right, then left foot
3. Your entire upper body above your waist (your torso)
4. Your right and left knees